



DEPARTMENT OF THE AIR FORCE

HEADQUARTERS UNITED STATES AIR FORCE ACADEMY

USAF ACADEMY, COLORADO

28 Feb 01

MEMORANDUM FOR COMMANDERS
UNIT SAFETY REPRESENTATIVES
SUPERVISORS

FROM: HQ USAFA/SE

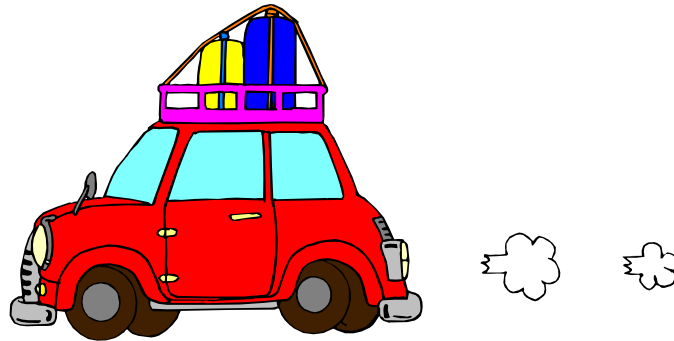
SUBJECT: Spring Break Safety Package

1. The attached materials are for commanders, USRs, AOCs and supervisors to use in their Spring Break safety awareness programs. We hope you'll pay particular attention to driving and its associated hazards. Historically, March has been a month for high traffic mishap rates, especially for cadets.
2. We strongly encourage all commanders and supervisors to be very active within their organizations reminding cadets, active duty and civilian personnel of the hazards associated with traveling during this time of year. Recommended topics for safety briefings include: congested roadways, higher than normal driver frustration, driving long hours, taking frequent breaks and getting plenty of sleep prior to a day of driving.
3. After you've had a chance to review and use the attached information, I solicit your feedback. Please send an email with your comments and suggestions through your USR.
4. For more information, please contact the safety office at 333-3205.

//signed//

WILLIAM A. TURNER, Lt Col, USAF
Director of Safety

USAF ACADEMY



2001 Spring Break Safety Package



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28 February 2001

AUTO SAFETY

Here are some things to remember about your vehicle before taking off to your favorite spring break location or just going home to see your parents:

Check these items on your vehicle before traveling:

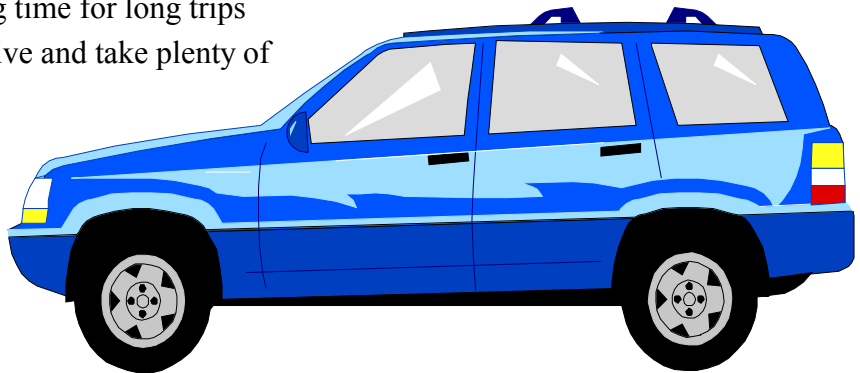
- tire pressure and tread wear
- oil level
- coolant level and proper mixture
- transmission fluid level
- brake condition
- windshield wiper condition and wiper fluid
- clean windshields
- spare tire properly inflated and location of jack
- mirrors properly positioned
- check headlights, taillights, and blinkers

Remember to take these items along

- an atlas for unfamiliar routes
- first-aid kit
- credit cards instead of lots of cash (but do have some cash hidden somewhere)
- insurance card and driver's license
- emergency phone numbers
- flashlight

While driving remember to follow these tips:

- practice ***defensive driving*** - don't tailgate and leave a cushion between the vehicles around you
- obey posted speed limits
- adjust your speed during inclement weather
- allow plenty of time to get to and from your destination
- have a "buddy" to share driving time for long trips
- get plenty of rest before you drive and take plenty of rest breaks
- don't stack luggage in the back seat where it obstructs your view from the rearview mirror



General Travel Safety Precautions

It is easy to forget certain basic safety measures with the excitement of traveling. It is important to remember those basic rules you were always taught. The ones like "be careful talking to strangers" or "don't get into cars with people you don't know". Here are a few general tips to keep in mind while traveling abroad.



- Use a "dummy wallet." Carry an old wallet with \$20 or less in small denominations.
- If you are robbed, turn over your dummy wallet immediately.
- Keep the rest of your money stashed in a money belt, sock wallet, or in other pockets. (Note: Criminals have heard of money belts too.)
- Remember that your life is more important than a watch or \$100.
- Never flash money in an area where someone can see it.
- Look around, stay aware, and take notice if someone seems too interested in you.
- Notice the people around you and your surroundings. Is someone dressed differently or does something seem out of place? If you feel as if something is wrong, you are probably right.
- Always walk as if you know what you are doing and have a purpose. Even if you are lost, at least look like you know what you are doing. Do not walk aimlessly, pointing and talking loudly. Blend in with your surroundings as much as possible. Your body language says a lot about you. If you are unaware of what's going on around you or look confused, you are a soft target and become easy prey.
- Walk facing traffic to make it harder for kidnappers to grab you. It is easier for kidnappers to snatch you from a car coming from behind. If you are overwhelmed and cannot run or resist, simply lie down on the ground. Make them carry you!
- Beware of scam artists posing as undercover policeman who ask to see your money to determine if it is counterfeit.
- Do not discuss travel plans with strangers.
- Keep all important information on a need-to-know basis.
- A drug called scopolamine is used by criminals in many countries to rob people. The usual procedure is that someone approaches you, opens a newspaper or similar object, and blows the powder in your face, rendering you unconscious. Scopolamine is also put into food and drinks in restaurants.
- If you order a canned or bottled liquid, make sure it is unopened when you get it. If it is open, refuse it.
- When you are in a restaurant, sit away from windows facing the street. Try to sit where you are facing a door to observe who enters. Plan an escape route in an emergency.
- Always carry a card with the phone number of the embassy in case of an emergency.
- Carry a business card from your hotel.
- If a local (especially a taxi driver) gives you a warning, heed that warning.
- Evaluate information. For example, a local resident may say that a certain place is safe, and it might be perfectly safe for locals. Is it safe for you though? It is wise to crosscheck information with other people and sources.
- Be suspicious of an unexpected event that happens in your vicinity. View it as potentially dangerous, until you prove it otherwise.
- Be discreet with your maps. It advertises that you are a tourist.
- ATM's are becoming more available worldwide. It is best to use them during daylight hours with many people around.

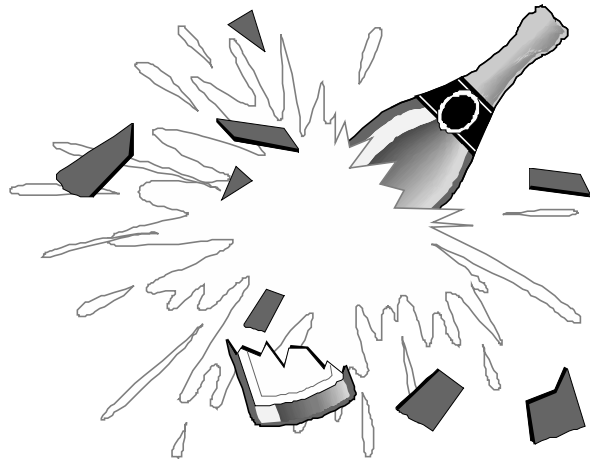
Drinking and driving don't mix. Drinking and driving don't mix. Drinking and driving don't mix.

No matter how many times you've heard it, there are people who just don't get it. In fact, every 30 minutes, someone in this country dies in an alcohol-related crash. Every 30 minutes! And last year alone over one million people were injured in alcohol-related traffic crashes.

QUESTIONS AND ANSWERS ABOUT DRINKING AND DRIVING

How does alcohol affect a person's ability to drive?

The more a person drinks, the more their ability to make crucial driving decisions becomes impaired. After just one drink, a driver can begin to lose their ability to perform the tasks necessary to drive a car: braking, steering, changing lanes, and using judgment to adjust to changing road conditions. At a certain point, a driver will become legally intoxicated and can be arrested for attempting to operate a motor vehicle.



What do DUI and DWI mean?

DUI means "Driving under the Influence" of alcohol or drugs. DWI means "Driving While Intoxicated". These are

terms used by police. In every state in our country there is a legal limit to how much alcohol you can have in your body if you are driving. If you drink and drive you can lose your driver's license and even go to jail.



How do you Measure how much Alcohol is in the Blood?

A driver's Blood Alcohol Content is measured by the weight of the alcohol in a certain volume of blood. Police test breath to measure a drivers BAC. It can also be tested in blood, urine or saliva.

What can you do about drunk driving?

- Follow these suggestions from Mothers Against Drunk Driving (MADD). Your best defense against a drunk driver is to wear your safety belt, and make sure any children in the car are in child safety seats.
- Never ride in a car operated by someone who has been drinking - call a cab or ask a friend to drive you home.
- Report drunk drivers to law enforcement from a car phone or pay phone.
- Keep a safe distance from anyone driving erratically.

BICYCLING AND HELMET SAFETY

Courtesy Of Snell Memorial Foundation

Bicycling is not just for young children and teenagers. It is a popular fitness activity for health-conscious adults and provides an alternative means of commuting for the environmentally conscious. However, bicycling without a helmet can lead to serious head injuries. Without a helmet, the fall from the bike to the ground can kill you. For this reason, a helmet is essential, and a certified helmet can greatly reduce your chance of head injury. The *Snell Memorial Foundation urges that you:

1. Make Sure Your Helmet Fits Your Head

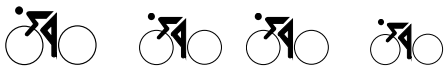
- Try the helmet on before you buy it
- Adjust the chin strap firmly but comfortably
- Try another helmet size or design if simple hand pressure shifts or tilts a helmet significantly on your head, or forces it off your head

2. Wear Your Helmet Correctly

- Wear it every time you bicycle
- Wear it low on your forehead just above your eyebrows
- Always fasten the chin strap firmly

3. Read and Follow All Directions Carefully

- Only use manufacturer-approved decorations and cleaners
- Replace your helmet if it has been damaged
- Replace your helmet at least every five years



The Snell Memorial Foundation is a nonprofit organization dedicated to public safety testing. Snell is the only organization which develops standards and test helmets to those standards for international use.

*** Remember to always wear your helmet on the Air Force Academy
because it's the law! – AFI 91-207 Section D.20**

Lightning Safety

If Outdoors avoid - trees, hilltops, open fields, fences, power lines, electrical machinery, wet places, and all metal objects.

Unsafe places include underneath bleachers, canopies, tents, and small picnic or rain shelters.

If Indoors avoid - water, stay away from doors & windows, don't use the phone, take off headsets, turn off, unplug, & stay away from appliances, computers, power tools, & TV sets.

Seek - shelter in a vehicle with the windows rolled up or in a substantial building.

If lightning strikes nearby, you should:

1. Crouch down with feet together
2. Place hands on ears to minimize hearing damage
3. Avoid proximity (min. of 15 ft.) to other people

Flash-to-Bang: When you see a flash of lightning start counting until you hear the thunder. 5 seconds = 1 mile

If your count is less than 30 seconds you should seek shelter immediately.

Injured persons do not carry an electrical charge and can be handled safely. Apply first aid and call 911 or send help immediately.



Tips for while on the Slopes

- Take a lesson. Like anything, you'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor.
- The key to successful skiing/snowboarding is control. To have it, you must be aware of your technique, the terrain and the skiers/snowboarders around you.
- Be aware of the snow conditions and how they can change. As conditions turn firm, the skiing gets hard and fast. Begin a run slowly.

Skiing and snowboarding require a mental and physical presence.



- If you find yourself on a slope that exceeds your ability level, always leave your skis/snowboard on and side step down the slope.
- The all-important warm-up run prepares you mentally and physically for the day ahead.
- Drink plenty of water. Be careful not to become dehydrated.
- Know your limits. Learn to ski and snowboard smoothly—and in control. Stop before you become fatigued and, most of all have fun.
- If you're tired, stop skiing. In this day and age of multi-passenger gondolas and high-speed chairlifts, you can get a lot more time on the slopes compared to the days past when guests were limited to fixed grip chairlifts.

Follow the “Responsibility Code,” the seven safety rules of the slopes:

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross-country and other specialized ski equipment, such as that used by disabled or other skiers. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers the responsibility for a great skiing experience.

1. Always stay in control.
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails.
7. Know how to use the lifts safely.

Safety Tips For Spring/Late Winter Ski Conditions

With warm temperatures, sunny days and blue skies, skiing in March is a great time. A few things to keep in mind:

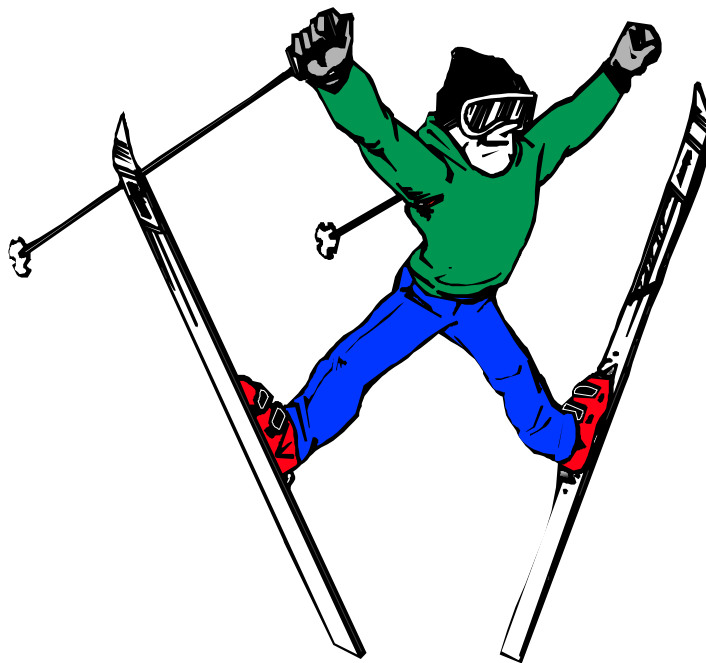
1. Conditions in the afternoons are often "sloppy." Even if it is warm out, don't forget to wear pants that are somewhat waterproof--unless you want soaking wet underwear all day.
2. Although the temperatures are warm and the sun feels good, snow at this time of the year is often hard enough to rip your skin up if you fall, producing large areas of superficial lacerations commonly known as "raspberries." If you think you might be taking a few headers, considering wearing a long-sleeved shirt.
3. The most important item to remember when skiing in late winter/early spring is sunscreen. Colorado ski areas experience frequent high-pressure, sunny days at this time of year. The increased intensity of the sun combined with reflection off the snow can turn a fun, sun-filled day of skiing into a painful nighttime sunburn in just an hour or two.
4. Cotton shirts/long-underwear used as an under-layer or as an only layer on warm days will hold moisture/sweat next to your skin, possibly making you feel clammy and cold. A synthetic fiber, such as capilene, will act as a light layer and "wick" moisture effectively away from your skin.
5. Temperatures drop rapidly when the sun goes behind clouds and at the end of the day. Don't forget to have extra layers of clothing available to add as needed. Always have a windbreaker /shell handy.

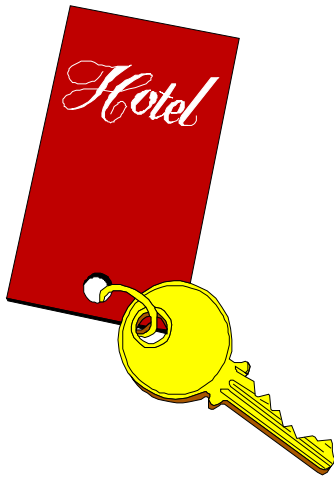
Altitude Sickness

If you are from a significantly lower altitude than the ski area, you will probably experience some degree of altitude sickness, especially if you are exerting yourself by skiing and constantly gaining and losing elevation during the day. Some of the symptoms of altitude sickness are:

Dizziness/light-headed feeling, dehydration, nausea/vomiting, shortness of breath

The intensity of these symptoms can be greatly relieved or even prevented by drinking plenty of water (soda and coffee will not help due to their caffeine content)--at least one (preferably two) quart(s) a day and getting plenty of sleep.

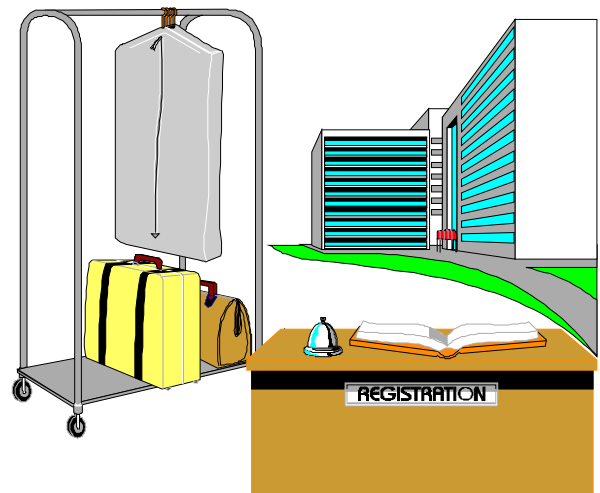




Hotel Safety

Hotels can be a challenging place for traveling individuals. Staying safe is easy as long as you take the time to prepare yourself. Here are a few tips:

- The telephone system varies from one hotel to another. Special instructions are required when calling an outside line or dialing 9-1-1. Be sure you are aware of these instructions in the event of an emergency.
- As you walk down to your room, count the number of doors to the fire exit in both directions.
- Choose your hotel room wisely. The first floor is out. Do not choose a room that is at the end of the hall or distant from the elevators.
- When leaving your room, check to see if the windows or sliding doors are locked. Housekeeping may have unlocked them for one reason or another. Also, familiarize yourself with the way they lock so you can release them quickly in case of an emergency.
- Don't open your door for housekeeping or room service without first verifying that it is truly them. If you haven't called for room service, call the restaurant and don't open your door.
- If you return to the hotel late and you are parking your car in the hotel lot, park up front by the lobby and go to the front desk and have the clerk get someone from hotel security meet you in the lot and escort you into the hotel.
- Don't give your room number to strangers you may meet in the lounge or around the pool. It is also wise to let men think that you are sharing a room with a companion.
- If you feel someone is watching you in the lobby as you board the elevator, push several buttons for the floors above and below your floor. This way, no one will know what floor you got off on.

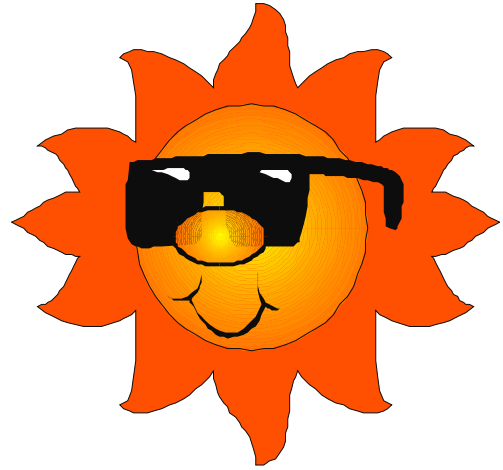


SUN PROTECTION 101

Guide to Avoiding the Burn.

By Michael Hodgson

It has gotten to the point where many major papers around the country are listing "burn times" when the sun begins to beat down, and for good reason. Skin cancer death rates are soaring. How do you protect yourself on Spring Break as you head outdoors into the land of sun and fun? The following are suggestions from the Skin Cancer Foundation:



The sun is strongest between 10 a.m. and 2 p.m. (11 a.m. and 3 p.m. during daylight savings). Minimize your exposure during this period.

Apply sunscreen with a sun protection factor (SPF) of 15 or higher before every exposure to the sun. Reapply frequently and liberally every two hours for as long as you stay in the sun.

Sunscreen should always be reapplied after perspiring heavily or swimming--even if the product claims to be waterproof.

If you are taking medications, birth control pills, or using certain cosmetics you risk an increased sensitivity to the sun and a possible allergic reaction when using sunscreen. Check with your doctor or dermatologist for advice.

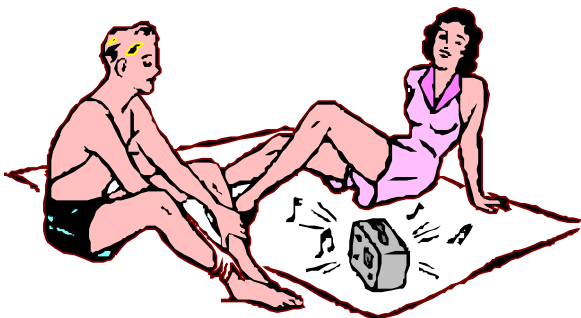
Clothing is no guarantee of sun protection. Loose weaves still allow dangerous burning rays through. Wear long-sleeve shirts and pants that are made with tightly woven materials and are loose fitting. Fair-skinned people should apply sunscreen even under their clothing.

Overcast days are no guarantee of sun-protection. The sun's rays are just as damaging and sunscreens are still a must.

Be happy with your natural skin color. Tanning parlors can increase your risk of skin cancer.

The higher you climb, the more intense the sun's rays become since there is less atmosphere to diffuse the damaging rays. Pile on the sunscreen.

Sand, snow, water and, yes, even concrete will reflect the sun's rays back up to your skin. Protect yourself completely from sunburn by coating the underside of your nose, ears, chin and other less-accessible body areas.



Take advantage of the specially formulated sunscreens just for children on the market. The more they enjoy applying it, the more likely they are to wear it and not duck and run every time you come near them with a bottle.



TRAVEL SAFETY

Taking off for spring break? Here are a few safety tips to make it more enjoyable:

In the Dorm

- Secure your valuables and lock them in your closet.
- Close drapes and blinds.
- Make hotel reservations and get a confirmation number (so you won't have to live out of your car).
- Be sure that your doors and windows are secure.

Don't forget your vehicle

- Be sure your car is in good mechanical condition and fully serviced.
- Check tires for wear and correct air pressure.

While on the road

- Stop in well-lighted and populated areas.
- Carry a quality chemical defense spray.
- Keep all doors locked and valuables out-of-sight.
- Don't start to party before you reach your destination.
- Use the “buddy” system

Going to the airport

- Never leave your baggage unattended, especially in restrooms.
- Make sure all checked baggage is locked. Have a spare set of keys.

At the hotel/motel

- Carry as little cash as possible. Use travelers' checks and credit cards.
- Use the hotel safe for your valuables.
- While in your room, use the peephole before opening the door.
- Be aware of emergency exits and procedures in the hotel.

Have a wonderful and safe spring break!